

# Efficacy of Homoeopathic Medicine in Winter Skin Ailments

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*Abstract Homoeopathy is therapeutic system of medicine , branch of medical science. it addresses winter-related skin issues, such as dry skin, xerosis, and asteatosis, which worsen due to low humidity. Common symptoms include itching, fissures, and dermatitis, with conditions like nummular eczema and psoriasis often aggravated by cold weather. Homeopaths focus on miasms, particularly psoric and syphilitic, which manifest in winter skin conditions. Remedies like Bacillinum and Sarsaparilla are used for deep cracks and infections. Chilblains, caused by cold-induced capillary damage, are another winter concern treated homeopathically through individualized remedies.*

*Index Terms-Dry skin, winter, lichenification, fissures, dermatitis, holistic, homoeopathy*

dermatitis when the skin becomes red (inflamed) in addition to dry and scaly. Round, scaly, itchy, red patches scattered over the legs, arms and trunk (nummular eczema) may also appear. The appearance of yellow crusts or pus in these areas indicates that a bacterial infection is developing. A deep crack on skin indicates syphilitic miasm. If it gets aggravated in winter it further indicates existence of psoric miasm. An anti-tubercular remedy will be effective in deep cracks during winter. Bacillinum is one among them. When the cracks became deep and it bleeds, it should be treated with anti-syphilitic remedies. Before Syphillinum one should think about Sarasaparilla as it won't make any aggravation in skin complaints.

## I. INTRODUCTION

The dry skin problems in winter are due to relative humidity which dries out our skin. The one solution is moisturizing the skin. In winter we can advise patients with dry skin to use glycerine based soaps because other type soaps make the skin drier. Dry skin appear by fine lines in the skin become more visible, the skin feels rough and appears dull and flaky. In more advanced cases, fish net-like cracks resembling the fine fracture lines of cracked porcelain can occur. Dry skin occurs most commonly on the arms and legs, but can also affect the trunk of the body, often call dry skin "xerosis" or "asteatosis".

Dry skin very commonly produces itching, which can be severe and interfere with sleep and other daily activities. Repeated rubbing and scratching can produce areas of thickened, rough skin (lichenification). Dry, thickened skin can crack, especially in areas subject to chronic trauma (e.g., hands and feet), causing painful cracks in the skin (fissures). Dry skin and scratching may result in

## II. TYPES:

1. Eczema
2. Psoriasis
3. Chapped lips
4. Chilblains
5. Windburn
6. Cold urticaria

### Chilblains

Also called as perniosis. Chilblains are acral ulcers often confused with frostbite and trench foot. This occurs when the predisposed individual exposed to cold and humidity. The difficulties during chilblain are due to damage of capillary bed of skin due to exposure of cold, this produce redness, itching, blisters and inflammation. It may also come as idiopathic origin so thorough investigation is necessary.

Types, locality & Accompanying symptoms will decide medicine in exacerbation of skin disease in winter. A homoeopath who wants to prevent winter aggravation shall concentrate on winter remedies with special affinity to skin and the associated symptoms.

One should focus on winter medicines and Psoric miasm in treating skin disease of winter.

Winter is the time for observing miasm in psoric prominent personalities. A Homoeopath can observe it on the skin of a psoric patient. Though other miasms shall co-exist in an otherwise psoric patient, psora will emerge in winter. So winter is the right time to observe psora in patients who presented clinically in combination with other miasms. Skin is the best organ to observe psora as it is the largest and most visible organ of the body. If a patient is having winter aggravation of skin disease, take it as a positive sign because cure rate is more in psoric patients.

All eczema or psoriasis is not getting aggravated in winter. Only psoric Psoriasis and eczema are getting worse in winter.

### III. HOMOEPATHIC THERAPEUTICS FOR WINTER SKIN AILMENTS

#### CRACKED-LIPS:

1. Aurum Sulphuratum:  
Cracked from cold wind.
2. Bryonia:  
In diarrhoea during typhoid fever.
3. Natrum Mur:  
Cracked lips after malarial fever.
4. Sepia:  
Cracked lips in herpes.
5. Antim Crud, Condurango, Zincum Met:  
Painful cracks in corner mouth

#### CHAPPED HANDS AND CRACKS IN FINGER TIPS

1. Petroleum:  
Cracks at the ends of fingers and on the back of hands. Skin rough or ragged, bleeding, the tissues are hardened. Often much itching. Coldness in spots—stomach, back, abdomen etc.
2. Rhus Tox:  
Irritation of the skin with tingling and burning. Crawling sensation in the tips of fingers. Skin red and swollen. Worse in cold, wet and rainy weather.
3. Silicea:  
Delicate pale waxy skin. Cracks at the ends of fingers; pus offensive. Fingers feel dry. Eruptions itch only in

day time and evening. The patient is cold, chilly, hugs the fire, hates draughts; hands and feet cold.

#### 4. Sulphur:

Rhagades, skin affections after local medication. Worse scratching and washing. Skin is dry, scaly and unhealthy, itches and burns. Hot sweaty hands. Sleep light; wakens easily.

#### 5. Natrum Mur:

Dryness and cracking about finger nails. Palms hot and perspiring. Liable to take cold. Great weakness and weariness. Irritable over trifles. Consolation aggravates. Greasy skin.

#### 6. Alumina Silicate:

Hands constantly chapped; coldness of hands: coldness of legs and feet; hands cold as ice and fingers blue. Nails brittle.

### CONCLUSION

Winter skin ailments are a common concern, affecting a large portion of the population, particularly in regions with harsh winter conditions. Cold temperatures, low humidity, and exposure to indoor heating systems can lead to various skin issues, including dryness, eczema, psoriasis, and urticaria. These conditions not only cause physical discomfort but also negatively impact the quality of life for those affected. Traditional treatments often involve the use of emollients, topical steroids, and antihistamines, which, while effective in the short term, may lead to undesirable side effects, particularly with prolonged use.

In recent years, patients have increasingly turned to alternative therapies, such as homoeopathy, seeking more natural and holistic approaches to managing chronic skin conditions. Homoeopathy, based on the principle of "like cures like," treats diseases by prescribing highly diluted substances that, in a healthy individual, would produce symptoms similar to those being treated. By focusing on the overall constitution and specific symptoms of the patient, homoeopathy aims to stimulate the body's inherent healing abilities.

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